

Safety Issues: Elephant Seal Unit



Teacher Preparation

Personal Safety

- Watch where you are walking; the ground may be rocky, slippery, and uneven.
- Stay with your group.
- Drink plenty of water to avoid dehydration.
- Protect yourself from the sun's rays; use sunscreen and/or a hat.
- Stay on paths and in picnic areas. Grassy areas may have ticks known to transmit Lyme disease.
- Be aware of personal allergies or conditions that may cause concern on the trail.

Elephant Seal Watching Tips

- For your own safety, always observe elephant seals from a distance.
- Use binoculars and spotting scopes. If a seal becomes alert or nervous and begins to move away, you are too close.
- Stay at least 100 feet from any marine mammal.
- Do not come between a cow and pup, a bull and a group of cows, or two bulls challenging each other.
- Watch quietly and whisper. Move slowly.

Remember: You are in a part of the National Park System

- Point Reyes National Seashore is a natural area set aside to protect living and nonliving components of ecosystems. Treat everything with respect.
- Allow plants and rocks and everything to continue their existence as part of an ecosystem: leave things as they are found.
- Stay on established trails, pack out trash or use garbage cans.
- Enjoy your visit and know this is your National Seashore!

